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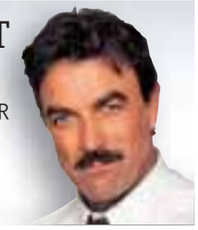
GENTLEMEN, START YOUR 'STACHES

IN ITS FIRST 10 YEARS, MOVEMBER HAS RAISED AWARENESS AND MILLIONS OF DOLLARS FOR PROSTATE AND TESTICULAR CANCER RESEARCH PAGE 11



COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing an exclusive 20-chapter story, TEMP, in Metro each weekday, starting today, until Nov. 29. The series focuses on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 2 and 6 for more. DAVID VAN DYKE/METRO

Keep calm and play on

Rider Nation weighs in on upcoming playoffs.
Team to go up against B.C. in West semifinal

As the Saskatchewan Roughriders head into the CFL's West semifinal, Rider Nation is giving mixed reviews.

The Roughriders (11-7) took their second straight loss when they fell to the Edmonton Eskimos (4-14) 30-26 on Saturday, and some fans say Saskatchewan's upcoming performance in the 2013 playoffs will depend on the team's ability to stay calm.

"I'd like to hope they'll be doing well, but based on past experiences, I think they'll get to the playoff game, they'll be against a team that's not as good as them and the pressure will just get to them," said 20-year-old Jordan Nestmann, after getting a coffee in downtown Saskatoon.

"They always seem to have a strong team, but it's the mental game that messes them up."

Others, like Regina fan Jade Gritzfeld, said she's hopeful the Riders will be able to deliver.

"I am ever the optimist," she said in a Twitter message. "I hope that they can turn the pressure into inspired play under the magnifying glass of playing in Rider Nation.

"They're playing for a once-in-10-years experience," she added.

Emmanuel Aristide, a 24-year-old student in Saskatoon, said he feels the Riders need to do a better job playing the entire 60 minutes to have a good showing in the playoffs.

"They have a good chemistry on the field, but in the three or four last minutes of the fourth quarter, they lose everything and it's just horrible, so they need to work on it," said Aristide. "They can do great things — but they have to work on it."

This Sunday, the Saskatchewan Roughriders will host the B.C. Lions (11-7) in the West semifinal, with kickoff at 3:30 p.m. at Mosaic Stadium. The winner will then play the Calgary Stampeders (14-4) in the West Division final for a spot in the 2013 Grey Cup. **MORGAN MODJESKI/METRO IN SASKATOON, WITH FILES FROM MARCO VIGLIOTTI/METRO**

COVER | FX

SPECIAL APPEARANCE – CELEBRITY BEAUTY EXPERT

DEREK SELBY

SHOPPERS DRUG MART – Cornwall Centre
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For over 20 years, Derek Selby has been one of Canada's top Beauty Experts. Since 1997 he has been a regular guest on CITY TV's – "City Line" and has also appeared on Life Network's "Images with Adrienne Gold" and CITY TV's "Breakfast Television". Derek has contributed to magazines such as Elle Canada, Flare, Homemakers and Modern Woman. Currently, Derek is the International Director of Artistry and Education for Cover FX.

SHOPPERS DRUG MART

"**Everyone** can be a flawless beauty."
–Derek Selby

NEWS 1

Aiming for hire ground

Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

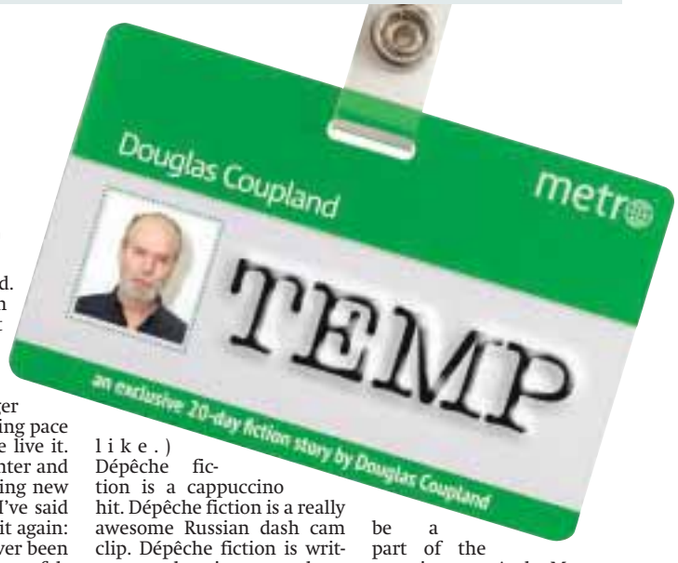
When Douglas approached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas' take on tomorrow?

Read on! The first installment is on page 6.

Like alien eggs inside your brain



Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the bad stuff? That's what Shannon's all about.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is… it's freaky and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depeche Mode, a band I totally like.)

Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

If squeezed right, lemon senators could turn into lemonade for Tories

Conservatives are hoping a vote to suspend three errant senators without pay this week might help turn the page on a scandal that has jammed their political momentum for months.

MPs and a handful of senators are returning to Ottawa from Calgary after wrapping up a two-day biennial policy convention that just might have added another chapter or two to the saga however.

"Honestly, what most of our MPs are hearing from constituents is that they're sick of the whole story and the issue, they want to see something decisive done in terms of accountability and then to move on," Employment Minister Jason Kenney said in a weekend interview.

"I hope that the Senate makes a decision on that motion as soon as possible and I do hope that we can make some lemonade from the lemon of this whole issue by re-energizing efforts for fundamental Senate reform."

THE CANADIAN PRESS

Stephen Harper and Laureen Harper
JONATHAN HAYWARD/THE CANADIAN PRESS

Fight not over. Minorities, women in military suffer more harassment: Survey

Women, aboriginals and visible minorities in the Canadian Forces say they experience higher rates of sexual and personal harassment than their peers in the military, according to a survey that found many don't bother reporting it for fear of being labelled troublemakers.

The Canadian Forces Workplace Harassment Survey found that over a 12-month period, 16 per cent of Canadian Forces members who took part in the research experienced personal harassment, which could include offensive comments relating to race, religion, sex or physical traits.

Of that, roughly one third of so-called designated group members — aboriginals, visible minorities or people with disabilities — said they suffered some form of personal harassment. **THE CANADIAN PRESS**

Police charge Regina man in the city's ninth homicide of 2013

Northeast. Victim in backyard fight had apparently been shot, police say

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

A 21-year-old Regina man has been charged with murder after police discovered a body in the city's northeast early Friday morning.

Elijah Phillip Noname faces one count of second-degree murder in the shooting death of 18-year-old Nolen Boyd Tanner.

Noname will appear in provincial court on Monday at 9:30 a.m.

Police were dispatched to the 500 Block of Montreal Street just after 1:30 a.m. on Friday for a call about a backyard fight.

Upon arriving, officers and emergency crews found a lifeless Tanner, who apparently had been shot.

He was pronounced dead on the scene.

The homicide is the city's ninth of the year and comes only a day after another murder in North Central.

The two homicides capped off a grisly week in the Saskatchewan capital, which also saw a man killed after being struck by a train and the discovery of a 22-year-old woman's body in a creek in the city's north end.

Police later concluded that both cases were not criminal.

Since 1977, the highest number of homicides recorded in the city during the course of a single year has been 10, according to figures from the Canadian Centre for Justice Statistics.

This has occurred four times during that span in 1977, 2003, 2004 and 2006.

The city recorded seven homicides in 2011 and 2012, while there were eight murders in 2010.

Despite the uptick in homicides, overall crime has dropped by more than nine per cent in the first eight months of 2013 compared to last year, according to statistics released by police last week.

Chief Troy Hagen said the city's crime rate has dropped by roughly 46 per cent over the past decade.

Regina police laid a second-degree murder charged in the city's ninth homicide of 2013 on Sunday. METRO FILE

'Economic case'

Upcoming summit to focus on regional growth, governance issues

A two-day summit laying out the "economic case" for increased regional co-operation is set to kick off Monday at the Ramada hotel in downtown Regina.

The summit will focus on the importance of "up-to-date infrastructure," regional growth planning and governance issues, according to the event's agenda.

"We encourage all levels of government (elected and non-elected) ... urban and rural municipalities and communities and private sector stakeholders to attend to provide input, network and share information based on an understanding of the need and importance of regional planning and cooperation," read a message on the Regina Regional Opportunities Commission (RROC) website, which will co-host the event alongside the City of Regina.

Some of the noteworthy speakers include Bill Boyd, the province's Minister of the Economy, Ohio State University professor Mark Partridge and former mayor of Red Deer, Morris Flewwelling. METRO

Balcarres, Sask.

RCMP investigating sudden death

Mounties in Fort Qu'Appelle are investigating after an 18-year-old local man died suddenly early Saturday morning.

Police say the incident occurred on a farm north of the small town of Balcarres, some 90 kms northeast of Regina.

The RCMP Major Crimes Unit, the local detachment in Fort Qu'Appelle and the force's Forensic Identification Section are currently investigating the death.

Police say they will release more details as the investigation continues to unfold.

MARCO VIGLIOTTI/METRO

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Ford sorry for drunkenness but says he's no drug addict

The show does go on. T.O. mayor says he will explain contents of the video if it's released

Toronto Mayor Rob Ford acknowledged Sunday that he has made mistakes — including being "hammered" in public — but left unanswered questions about the alleged crack video.

"I'm the first one to admit I am not perfect. I have made mistakes," Ford said on his weekly radio show.

"Unfortunately, I cannot change the past; I can just move forward and learn."

Ford apologized to his family, city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

Ford didn't discuss the contents of the video that allegedly shows him smoking crack.

"When the video is released, I'm going to explain to the best of my ability what's in the video," said Ford, who asked Police Chief Bill Blair to release it.

But when the scandal first broke in May, Ford insisted there was no video at all.

Ford said later Sunday in an interview that he does not have a drug addiction problem.

"I'm not an addict of any type of drug — even alcohol," he told radio station AM640.

There have been repeated accounts of Ford appearing intoxicated in public. On Sunday he acknowledged getting "hammered" during a street festival last summer.

At the time, Ford downplayed his behaviour, saying in August that he didn't do anything offensive and that videos of him appearing intoxicated were blown out of proportion.

THE CANADIAN PRESS

Toronto Mayor Rob Ford appears on his NewsTalk 1010 radio show on Sunday. MARK BLINCH/THE CANADIAN PRESS

Perspectives

"Whatever this video shows, folks, Toronto residents deserve to ... judge for themselves."
Toronto Mayor Rob Ford, asking police to release the video to the public.

"I would urge my colleagues to (give Ford a chance) to show that ... in fact he has learned his lesson."
Deputy Mayor Norm Kelly

"I think ... he's making a mistake and he should step down until it's resolved or charged."
Toronto resident Mike Dukelow, saying the scandal is damaging the city's reputation.

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Dangerous goods. Another CN train derails, less than 100 km from last disaster

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta.

A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide.

The county says the sulphur dioxide is categorized as a dangerous-goods cargo, but added that the tanker wasn't leaking.

Yellowhead County says its fire chief went to the scene but that CN didn't ask for assistance because there wasn't a fire or any immediate safety concerns for residents.

The derailment is less than 100 kilometres from the scene of last month's train disaster in Gainford, in which roughly 100 residents were forced from their homes.

Rail cars laden with petroleum products caught fire, and it took days for the fires to burn themselves out.

THE CANADIAN PRESS

Investigators and workers go over the scene of a CN train derailment west of Edmonton, near Peers, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

Surreal battle. Neighbours fight off polar bear attack

Mitch Paddock was at a friend's house early Friday when he heard a woman scream.

He ran outside and saw his neighbour, Bill Ayotte, on the ground being mauled.

"The bear was right on top of him with both paws," Paddock said Saturday from Churchill, Man.

Ayotte had run out to help the woman, Paddock said. He explained that the man hit the animal with a shovel, giving the woman time to flee.

Paddock said he raced into his house to grab a shotgun that shoots fire-cracker shells, designed to scare wildlife.

He ran back to the scene in his socks and began firing, but the bear remained undeterred.

"Another neighbour … was throwing shoes," he said. "One of my neighbours was standing on the deck in his underwear, shooting at him, too.

Eventually, Paddock said the neighbour who was also shooting jumped into his pickup truck and drove up to the animal while honking the horn. That drove the bear away.

Police said Ayotte, 69, suffered lacerations and was taken to hospital in stable condition. The woman, who police said was 30, was in the same state. THE CANADIAN PRESS

Age of consent

Vatican changes — progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn't changed anything and is a feel-good gesture to help generate positive headlines.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison.

VAWN HIMMELSBACH/FOR METRO

Starbucks is expanding its Teavana 'tea bars,' which currently includes 59 Canadian locations. Our tea consumption is expected to rise 40 per cent by 2020, driven by an interest in health and wellness. NATHAN DENETTE/THE CANADIAN PRESS

Care for a spot of carbonated tea?

Brewing up change. Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are engaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities."

During the past few years, more tea shops have established a quiet presence in neighbourhoods across the country, relying primarily on word of mouth to entice new customers, but the buzz is about to become much louder as Starbucks tries to grab a taste of the fervour.

Last month, the Seattle-based coffee chain opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base. The company made the biggest acquisition in its history last year when it spent $620 million US to acquire about 300 Teavana stores, including 59 locations in Canada.

The rollout could find a particularly receptive audience in Canada where tea is the fifth most popular beverage, with nearly 10 billion cups drank each year, according to Statistics Canada. THE CANADIAN PRESS

Steeped in tradition

"Canada has always been a hot tea drinking country because of our British past."

Louise Roberge, president of the Tea Association of Canada, a lobbyist group for the industry

Former allies. Gulf Coast residents, BP at odds over 2010 oil-spill settlement

A year ago, lawyers for BP and Gulf Coast residents and businesses took turns urging a federal judge to approve their settlement for compensating victims of the company's massive 2010 oil spill.

On Monday, however, the one-time allies will be at odds when an appeals court hears objections to the multibillion-dollar deal. That's because several months after U.S. District Judge Carl Barbier approved the settlement, BP started complaining that the judge and court-appointed claims administrator were misinterpreting it. The London-based oil giant is worried it could be forced to pay billions of dollars more for bogus or inflated claims by businesses.

Plaintiffs' attorneys who brokered the deal want the 5th U.S. Circuit Court of Appeals to uphold the class-action settlement. THE ASSOCIATED PRESS

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV. BEHIRING/NEXCARRER

JUSTIN SULLIVAN/GETTY IMAGES

The University of Regina enjoys a growing reputation as a centre of excellence in both high-level teaching and research. It's this reputation that is attracting more graduate students than ever before. Our Faculty of Graduate Studies and Research (FGSR) offers more than 50 Master's degree programs and 18 doctoral programs, allowing students to work with world-class researchers. Numerous internal, external, endowed and named scholarships are available on a competitive basis.

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- ✓ 1,576 – Number of graduate students in 2012
- ✓ 1,589 – Number of graduate students in 2013

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Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was Generation X: Tales for an Accelerated Culture. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called Untapped Potential: Creating a Better Future for Service Workers, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than $24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. TORSTAR NEWS SERVICE

GETTY IMAGES

Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.

SOURCE: TIME.COM

You Can WIN A Galaxy Tablet Plus a Complete TEMP Survival Kit

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GET-OUT-OF-JAIL-FREE A SENATE PERK?

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

The word "fraud" comes with a built-in sharp intake of breath.

It's even worse than its low-life companions "cheat" and "deceit," because fraud, according to our criminal code, is a crime. And now the word "fraud" is taking the nation's senate scandal down to the next level, just below "shame."

The RCMP allege that beleaguered Senator Pamela Wallin committed fraud and breach of trust by filing fraudulent expense claims, and apparently it doesn't cut any ice that she paid the money back to the people of Canada. The investigation continues.

For me, there are two things that stand out about the whole mess regarding the senator from Wadena:

1) The RCMP wants Wallin's appointment calendar to examine 500 changes that point to evidence of fraud. How many incidences are we talking about?

2) The RCMP alleges that Wallin maintains her primary residence in Wadena only so she can collect travel allowances, but she really lives in Toronto. If you're from Saskatchewan, that kind of hurts.

This has been such a fascinating scandal, so un-Canadian, it's easy just to stand and gape, slack-jawed. But at some point, awe is replaced by anger, and for me, it's the 500 little frauds matched by the big one: That somehow our interests are being served by the continued existence of the Senate.

Wallin, as befits a talented journalist, has been eloquent in her own defence, and in the wake of the release of the RCMP court documents alleging the fraud Friday, her lawyer still won't admit to wrongdoing, "no attempt to defraud the people of Canada."

Which leaves me stewing about the 500 alleged changes to the calendar. Imagine what would happen if you tried that trick with the Canada Revenue Agency.

A lot of people think the real villain in this piece is the prime minister, who is sticking with the story that his own chief of staff paid Mike Duffy's expenses as some kind of private initiative. Could happen … not. It may be that the most infuriating revelations are yet to come from the PMO, but as the details of the RCMP's case emerge, it already looks worse than we could have imagined.

The reckoning is scheduled to come sometime this week, when the Senate votes whether or not to suspend its alleged frauds without pay or benefits. And there may be another reckoning down the line if the RCMP's investigation leads to charges.

Pamela Wallin could eventually go to jail, although it's possible each senator gets a get-out-of-jail-free card along with all the other perks and benefits that come with the appointment.

I mean, if you're expecting justice for the Canadian people at this point, allow me to suggest you find a dictionary and look up the word "fraud."

metro PHOTO CHALLENGE

Contest winner's ears must have been ringing

COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. METRO

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."
Urban Brådhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter
Where: Halifax, N.S.
What: Hope Blooms, a youth-led community garden
Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than 2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.

"There's an old saying that, 'It takes a village to raise a child,' but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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SCENE 2

Fan fic

The Making of Star Wars

By. J. W. Rinzler

Kindle/Books

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning $28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another $20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that. When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK
Metro World News in New York

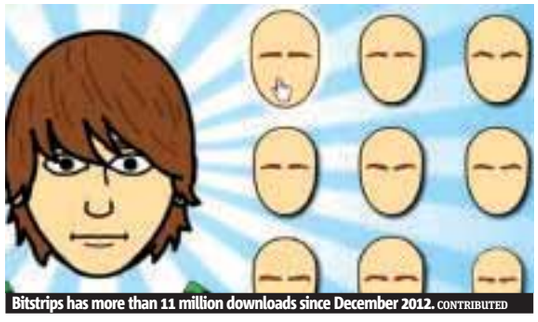
If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian
"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's even been adopted by the Ontario school system for use in classrooms across the province.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

2. You are the star
You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips
If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips
Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes
While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. WITH FILES FROM VAWN HIMMELSBACH

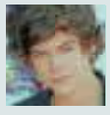
Justin Bieber. ALL PHOTOS GETTY IMAGES

At least he's not peeing in a bucket — Bieber caught leaving brothel

They grow up so fast.

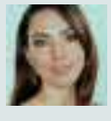
Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught by photographers sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.

Twitter



@Harry_Styles
So that's it.

@solangeknowles
And it's better to laugh than to smh But sometimes I still gotta smh so I just smh and lol cuuuuuuuz smh lol.



@WhitneyCummings
Just saw the movie where Matthew McConaughy lost weight to look emaciated-in other words he's doing what actresses do for every movie

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The sky's the limit for Kanye's wedding

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

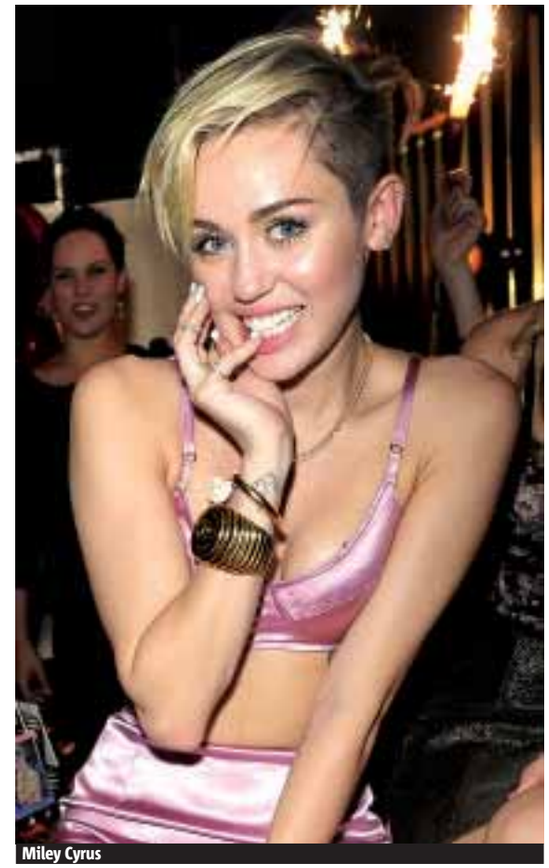
Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eeeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"



Miley Cyrus

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that **Princey Salon Ltd.**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Special Use - Salon Spa**
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as **A C Salon and Spa**
(Name of establishment)

at **5602 Rochdale Blvd, Regina, SK** for which the following is a correct legal description:
(civic address of establishment)

(Describe accurately the location of the premises including lot, block and plan number and civic/street address)
Lot C Block I.2 Plan No. 101171539 Ext 1 Surface Parcel No. 111368886
5602 Rochdale Blvd, City of Regina, SK.

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that **Prairie Green Restaurant (Southland) Holdings Limited**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Restaurant**
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as **Swiss Chalet** at **2615 Gordon Road Regina, SK**
(Name of establishment) *(civic address ie. street/town)*

for which the following is a correct legal description:
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)
Plan 78R20752 Block Q

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping — and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you "wring out" the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA

Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online

Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices

The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS
YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said. "He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?" In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Giving kids your time is more valuable than presents. ISTOCK

First the pumpkin patch, then the world

This morning, my little girl is getting on a school bus and going to the pumpkin patch on a class trip. I feel like crying. I wanted to go with her. The school said no parent volunteers. I wanted to keep her home. My husband said, "Let her go!"

I'm not sure I'm ready for my kiddo to grow up. To have experiences — without me!

I think I want her to stay my baby just a little big longer.

But this is all part of the parenting journey (or so they say).

First it's a class trip, then day camp in the summer. Before I know it, she'll be going over to her friends' houses without me and walking to school by herself. Inevitably, she'll grow up, whether I'm ready for her to or not.

It's all just a bit hard to swallow.

How do you let your kid grow up without getting in her way? How do you hide your apprehension so she can go out into the world and be brave and confident and full of wonder?

I'm reminded of an interview I did last year with Dr. Michael Thompson, a psychologist and best-selling author of Homesick and Happy: How Time Away From Parents Can Help A Child Grow. He said, "Modern parents think their presence always adds value to their kids lives, ... but this is not the case. You cannot give your child independence. You can only open the door and let your child walk out and have an experience on his or her own."

So, here I go. I'm opening the door. I'm not getting in my car and following that big yellow school bus all the way to the pumpkin patch (though, trust me, I've thought about it). I'm not insisting that I be allowed to accompany my child on this trip. I'm letting her go. I'm letting her grow. I'm letting her spread her little wings.

And all I can do is pray that she's always safe and happy, even when I'm not by her side.

Now someone pass me the wine — quick!

HAILEY EISEN OF YUMMYMUMMYCLUB.CA

Men's health

Prostate cancer 101: Symptoms and prevention

What is the prostate?
The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?
Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:
- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms
Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle
- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. **METRO**

ISTOCK

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.
Annual event contributes millions to research and encourages men to take control of their health

Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over $147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like this: Participants register online and sign up sponsors. Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around.

Join a team, go out on your own, or create your own team. **METRO AND NEIL MORTON/FOR METRO**

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.

Growing my first mo.
I didn't bring sexy back, but I sure felt empowered

Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. **NEIL MORTON/FOR METRO**

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LEGENDS GROW HERE
A GROWING PARTNERSHIP IN SUPPORT OF MEN'S HEALTH
MAJOR PARTNER
13
MOVEMBER
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VISIT WWW.HARLEY-PROMOS.CA/MOVEMBER AND REGISTER TO RECEIVE EXCLUSIVE OFFERS AND INFORMATION FROM HARLEY-DAVIDSON®. FOR EVERY NAME REGISTERED BEFORE DECEMBER 1, 2013, A $5* DONATION WILL BE MADE TO OUR MOVEMBER FUNDRAISING EFFORT.
TO REGISTER OR DONATE, VISIT:
CA.MOVEMBER.COM
*The donation applies to registrations received prior to December 1, 2013. The total donation will be limited to the first 1,000 registrations, or to a maximum of $5,000.
With the purchase of any new Harley-Davidson® model from an authorized Canadian Harley-Davidson® Retailer, you will receive a free, full one-year membership in H.O.G.® Always ride with a helmet. Ride defensively. Distributed exclusively in Canada by Deeley Harley-Davidson® Canada, Richmond and Concord. The Bar & Shield logo, Harley-Davidson, and Harley are among the trademarks of H-D Michigan, LLC. © 2013 H-D.

Bloody Mary isn't just a drink (or a ghost in the mirror)

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

3. When ready to cook the chicken, heat a grill to high. Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

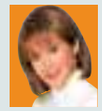
THE ASSOCIATED PRESS

Bloody Mary Chicken with Olive-Celery Tapenade

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Coffee and tea just go so well with pastries, but many are loaded with fat and calories.

Starbucks blueberry scone

460 calories/ 22 g fat

Many of us are under the impression that a scone with tea is a light snack. It's actually one third of your calories and fat for the day!

Equivalent

A Starbucks blueberry scone is equal in fat to six Eggo chocolate chip waffles.

Starbucks croissant

310 calories / 18 g fat

Can you imagine that a buttery croissant has less calories than a scone? It's true.

BUILDING A
BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
Your support will help create exhibits and programming that will inspire our children and grandchildren to build a better world. Their passion for furthering human rights is our hope for a brighter future.
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
THE friends of CANADIAN MUSEUM FOR HUMAN RIGHTS

Dinner. Quick Chicken Cacciatore

1. Cook fettuccine according to package instructions.

2. Season chicken breasts with salt and pepper.

3. Place chicken in ovenproof dish and add onion, garlic, mushrooms, red pepper, Antonella's Roasted Garlic pasta sauce and white wine. Season with salt and pepper, to taste, then cover with aluminum foil and place in a 350 F preheated oven for 90 minutes.

4. For extra flavour, remove dish from the oven just before it's done, sprinkle with cheese and bread crumbs, then place under the broiler until the top turns golden brown.

5. Place chicken on top of cooked fettuccine and serve.

COURTESY ANTONELLA'S PASTA SAUCES

Ingredients

- 1 package of fettuccine (375 g)
- 8 chicken breasts
- Salt and pepper, to taste
- 1 onion, minced
- 2 garlic cloves, chopped
- 1 dozen mushrooms, quartered
- 1 red pepper, thinly sliced
- 1 box (750 ml) of Antonella's Roasted Garlic pasta sauce
- 1 cup of white wine
- 100 g aged cheddar, grated (optional)
- Bread crumbs (optional)

Work to the wise: Do not let the temp be dropped

Don't make a mess of this pending position. ISTOCK

Part-timer pointers. If you don't want to be permanently pushed from your temporary position, avoid these mistakes

VAWN HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are five things you should avoid on the (temporary) job:

Don't reorganize your co-worker's desk

If you're temping to fill in for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot.

But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

MLB

Tigers go young to replace Leyland

The Detroit Tigers hired Brad Ausmus as their new manager Sunday, turning to a 44-year-old ex-catcher with almost no managerial experience to replace Jim Leyland at the helm of the three-time defending AL Central champions.

THE ASSOCIATED PRESS

Formula One

Vettel still not letting anyone else get a victory

World champion Sebastian Vettel won the Abu Dhabi Grand Prix in dominant fashion Sunday to clinch a seventh straight victory and 11th of a dominating season.

THE ASSOCIATED PRESS

Sebastian Vettel celebrates Sunday's win in Abu Dhabi, United Arab Emirates. GETTY IMAGES

NBA

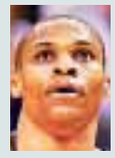
Heat show sharing side vs. Wizards

LeBron James scored 25 points, Chris Bosh added 24 and the Miami Heat beat the winless Washington Wizards 103-93 on Sunday night to snap a rare two-game slide.

The Heat (2-2) had 32 assists on 37 field goals.

THE ASSOCIATED PRESS

NBA



"I'm just happy to be back on the floor."

Oklahoma City's Russell Westbrook, who had been sidelined for the past six months with a knee injury. The all-star point guard had 21 points, seven assists and four rebounds in his return to the Thunder lineup in Sunday night's 103-96 win against the Phoenix Suns, weeks earlier than expected.

Pats continue dominance of nemesis from Moose Jaw

WHL. Regina wins 4th in a row against Warriors to start season

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Pats kept the pressure on the Moose Jaw Warriors Sunday afternoon at the Brandt Centre — coming out with a 3-1 win. MARCO VIGLIOTTI/METRO

Riding a 20-save performance from Dawson MacAuley, the Regina Pats dumped the Moose Jaw Warriors 3-1 Sunday afternoon at the Brandt Centre, improving to 4-0 this season against their southern Saskatchewan rivals.

The win marks the second time in as many weeks that the Pats beat the Warriors on home ice, following a 3-0 win on Oct. 30.

In yet another stifling and feisty affair on Sunday, both teams dropped the gloves five times, including an early bout featuring Pats star Morgan Klimchuk.

Warriors netminder Zachary Sawchenko was relieved after the first period, in which he allowed three goals on 13 shots.

Justin Paulic made 23 saves in relief.

Standout winger Boston Leier scored twice for the Pats, continuing his rapid accession to one of the team's most potent offensive weapons.

Carter Hansen picked up the final Pats goal with a highlight-reel short-handed rush late in the first period.

With the win, the Pats successfully evaded falling into yet another losing streak after losing to Prince Albert 7-1 on Friday.

The Pats will kick off a lengthy eight-game road trip on Wednesday when they face the league-worst Lethbridge Hurricanes.

Chiefs enter bye week on a high

Kansas City Chiefs cornerback Sean Smith was exhausted after he returned an interception 100 yards for a touchdown.

"I was definitely happy I made it," Smith said. "I wanted to celebrate, but I was too tired."

That's fine, because the Chiefs are suddenly breathing easier after their defence kept Kansas City's perfect start intact.

Smith's interception and linebacker Tamba Hali's 11-yard fumble return for a TD aided the Chiefs in overcoming a pedestrian offence and their own leaky defence in securing a 23-13 win over the Buffalo Bills on Sunday.

Kansas City (9-0) remained the NFL's only undefeated team and matched the best start in franchise history, set in 2003. The Chiefs now enter their bye week before a key AFC West showdown against the Denver Broncos (7-1) on Nov. 17.

If the only thing perfect about the Chiefs is their record so far, coach Andy Reid refuses to make any apologies.

"We're not going to make excuses for it," said Reid, who in his first year has the Chiefs continuing their worst-to-first run after a 2-14 finish last season. "We're pretty happy that we got the touchdowns. We'll take them any way we can get them." THE ASSOCIATED PRESS

Andy Reid is off to a perfect 9-0 start in his first season as head coach of the Kansas City Chiefs. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus
April 21 - May 21
Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini
May 22 - June 21
Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer
June 22 - July 23
If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo
July 24 - Aug. 23
It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo
Aug. 24 - Sept. 23
Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra
Sept. 24 - Oct. 23
Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio
Oct. 24 - Nov. 22
Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius
Nov. 23 - Dec. 21
Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

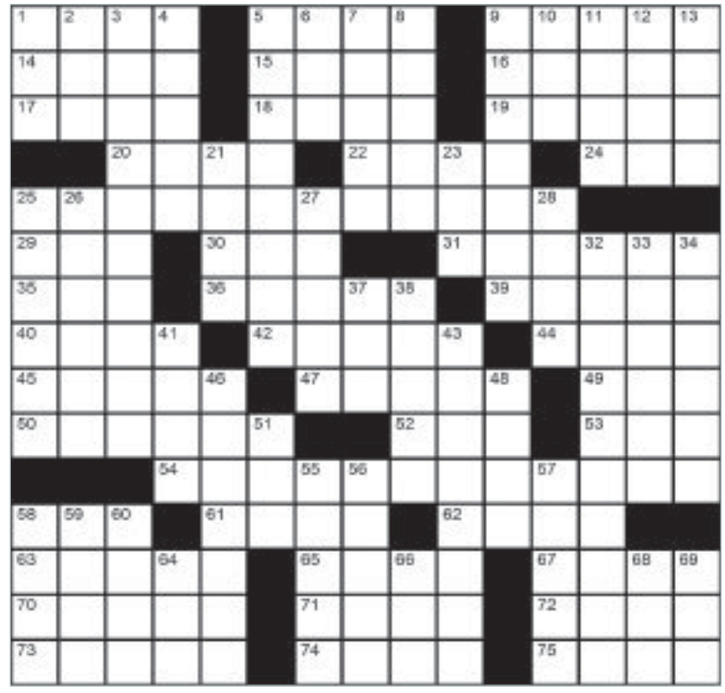
♒ Aquarius
Jan. 21 - Feb. 19
You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces
Feb. 20 - March 20
Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

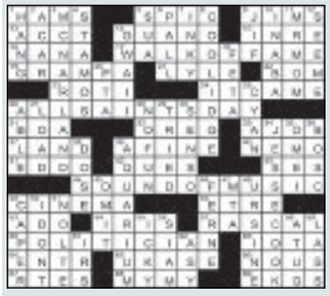
BY KELLY ANN BUCHANAN



Across
1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn __
9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)
17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately
22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto
29. Ms. Streep, to pals
30. Inflated id
31. St. __, Ontario
35. "__, _ don't know." (Unsure reply)
36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again
44. Knife part
45. Book drawing, for short
47. Coffee choice
49. "__ Wiedersehen!"
50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)
54. Employee 'gaining work experience' at a company: 2 wds.
58. Assoc.
61. The __ In The Hall
62. Sea of __ (Black Sea arm)
63. Queen's fave dog
65. "Curses!"
67. Biblical peak
70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware
73. ___ (Pronounciation-wise, first letter of 'Geneva')
74. __-Dokie
75. Rugged off-road rides, commonly

Down
1. Mr. Pacino's
2. Hawaii's Mauna __
3. Kate & Anna __ (Canadian singer/songwriter sisters)
4. Garlic sauce
5. "If I Had My Way" band from Toronto: 2 wds.
6. Poet's creation
7. Respond
8. Single-named singer from Sherbrooke
9. Pipes like The Caterpillar's in Alice in Wonderland
10. Green light switches
11. Kind of fish
12. Caribou cousins
13. Actual
21. Computer firm
23. Food scrap
25. Aviator Ms. Earhart
26. Actor Mr. McRaney
27. Adored
28. Isolated
32. Team Figure Skating, a new __ __ to debut at the 2014 Winter Olympics
33. Quarrelling one
34. The Vampire Diaries character
37. Pre l'Automne month
38. Straight-__
41. Star Trek role
43. Glow
46. How the Titanic spent its last moments alas
48. Happy Days character, The __
51. Prefix meaning 'Over'
55. Beef up: 2 wds.
56. Singer/actor Chris
57. Toy truck
58. Wood sorrels
59. Chocolate-coated caramel candy
60. Tennis great Steffi
64. "Be off!"
66. Gladiator's 1051
68. Ms. D'Angelo, to pals
69. Painful expressions

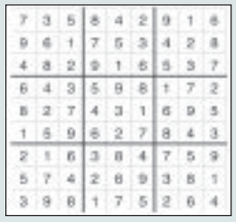
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



			5				9	
						2	7	
8			2	1		4		5
9				3			4	
4	7						3	2
	1			9				6
6		4		5	7			8
	8	5						
	9				3			

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